

Short Report: Arthritis in Kansas



Results from the 2010 Kansas BRFSS

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Kansas Arthritis Program

Arthritis in Kansas

Arthritis is the leading cause of disability in the United States¹.

By the numbers²

Arthritis Prevalence

- ◇ 564,000 Kansas adults have doctor-diagnosed arthritis

Putting it into perspective:

- ◇ 27.1% of the adult population
- ◇ 1 in 4 adult males
- ◇ 1 in 3 adult females

Impact of Arthritis

- ◇ 137,000 adults with arthritis experience severe joint pain
- ◇ 1 in 2 adults with arthritis is limited in their usual activities
- ◇ 1 in 3 adults with arthritis experiences some type of work limitation

Arthritis & Other Chronic Health Conditions

Arthritis prevalence is high among persons with other chronic health conditions.

- ◇ 1 in 2 Kansas adults with cardiovascular disease also has arthritis
- ◇ 1 in 2 Kansas adults with a history of stroke also has arthritis
- ◇ 1 in 2 Kansas adults with diabetes also has arthritis

The high prevalence of arthritis among persons with other chronic health conditions compounds healthy lifestyle recommendations, such as increased physical activity, particularly when the high prevalence of arthritis-attributable activity limitations is considered.

What can be done?

Individuals can ...

- ◇ Work towards incorporating 30 minutes of moderate-intensity physical activity, such as walking, into your daily routine at least 3 days per week.
- ◇ Maintain a healthy body weight. Individuals who carry excess body weight are twice as likely to have doctor-diagnosed arthritis as compared to those who do not².
- ◇ Participate in a Kansans Optimizing Health (KOHP) workshop to learn how to successfully manage their arthritis or joint symptoms and/or other chronic health conditions. Class schedules are available online at <http://www.kdheks.gov/arthritis/index.html>

Health care providers can ...

- ◇ Recommend evidence-based self-management and physical activity programs to patients that experience arthritis or joint symptoms.
- ◇ Urge patients to get as much physical activity as their arthritis or joint symptoms allow.
- ◇ Advise weight management for patients to stay at a healthy weight or to lose excess weight.
- ◇ Follow up with patients who experience joint injuries so they may manage their symptoms early and prevent progression of disease.

References:

1. <http://cdc.gov/arthritis/index.htm>
2. 2010 Kansas Behavioral Risk Factor Surveillance System. Bureau of Health Promotion, KDHE.